

Application No. : 10/ 646, 914

Amend. Dated July 22, 2004

Amendment to the Claims:

No new matter is included in this amendment.

This listing of claims will replace all prior versions, and listings, of claims in the application and subsequent amendment submitted on April 3, 2004:

Listing of Claims:

Claims 1-5 (cancelled)

Claim 6 (new): An adjustable progressive resistance exercise apparatus for upper body and neck muscles, comprising in combination:

a headband;

a strengthening device connects to said headband.

Claim 7 (new): The apparatus of claim 1 wherein said headband comprising:

a headband strap having a first end and a second

end attachable to each other through male and female adhering material;

a snap hook attached to said headband to hold stretching tubes.

Claim 8 (new): The apparatus of claim 1 wherein said stretching device

comprising in combination:

an adjustable elastic tube having a first end and a second end,
each end fastened slidably through an adjusting buckle,
passes freely through a handle and is tied to said adjusting
buckle forming a loop at each side;
a handle on each side to hold said elastic tube;
an adjusting buckle rigidly attached to each end of said elastic
tube, said adjusting buckle slides along the length of
said elastic tube to adjust its length and resistance.

Claim 9 (new): Methods of exercise to recruit upper body and neck muscles
simultaneously.

Claim 10 (new): Methods of exercise to restore range of motion to cervical spine in
various directions.